

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-26-07)

Visit us at www.fns.usda.gov/fdd

A346 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A individually quick frozen (IQF) apple slices.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 95¼ cups tempered ready-to-cook or serve sliced apple and provides about 381.0 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 264.0 ¼-cup servings heated fruit. One lb AP yields 0.99 lb (about 3⅛ cups) tempered ready to-cook or serve sliced apple and provides about 12.7 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 8.80 ¼-cup servings heated fruit. CN Crediting: ¼ cup tempered sliced apple OR ¼ cup heated sliced apple provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen apple slices at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf-life and speed deterioration. Store opened thawed apple slices covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Apples, frozen, sliced, unsweetened, heated

	¼ cup (52 g)	½ cup (103 g)
Calories	24	48
Protein	0.15 g	0.30 g
Carbohydrate	6.18 g	12.36 g
Dietary Fiber	1 g	2 g
Sugars	N/A	N/A
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.1 mg	0.2 mg
Calcium	3 mg	5 mg
Sodium	2 mg	3 mg
Magnesium	2 mg	3 mg
Potassium	39 mg	78 mg
Vitamin A	10 IU	21 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	N/A	N/A

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-26-07)

Visit us at www.fns.usda.gov/fdd

A346 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Drain well to use in apple nut breads and apple cake.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze apple slices.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.